



Scotcheroos

READY IN



120 min.

SERVINGS



20

CALORIES



289 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup butterscotch chips
- ☐ 8 oz chocolate dark 72% (cacao)
- ☐ 10 oz marshmallows
- ☐ 1.3 cups peanut butter
- ☐ 0.3 cup peanuts coarsely chopped
- ☐ 5 cups rice krispies
- ☐ 1 tablespoon butter unsalted
- ☐ 1 teaspoon vanilla

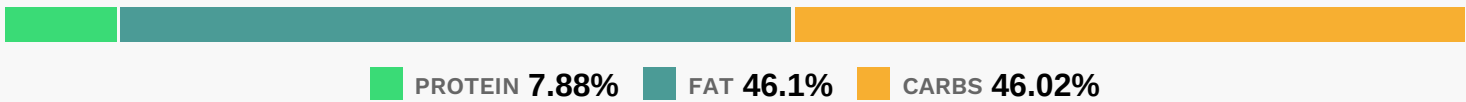
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ Grease a 9 x 13 inch baking dish and set aside. In a large saucepan melt butter over low heat. Once butter has melted add vanilla and stir to combine.
- ☐ Add marshmallows, stirring constantly until completely melted.
- ☐ Remove from heat.
- ☐ Stir in peanuts, peanut butter, and Rice Krispies, working quickly to incorporate thoroughly. Press mixture into greased dish or pan. Set aside.
- ☐ In a medium saucepan over low heat melt chocolate and butterscotch chips, stirring constantly until combined and smooth.
- ☐ Pour over cereal mixture and spread to ensure even coverage. Cool until chocolate becomes firm. For quicker setting cover with plastic wrap and refrigerate for 30 minutes to an hour or until chocolate is set.
- ☐ Cut into 20 bars and serve. Store leftovers in an airtight container.

Nutrition Facts



Properties

Glycemic Index:5.59, Glycemic Load:8.29, Inflammation Score:-6, Nutrition Score:10.554782626422%

Nutrients (% of daily need)

Calories: 288.52kcal (14.43%), Fat: 15.3g (23.54%), Saturated Fat: 5.17g (32.29%), Carbohydrates: 34.37g (11.46%), Net Carbohydrates: 32.09g (11.67%), Sugar: 20.14g (22.37%), Cholesterol: 2.61mg (0.87%), Sodium: 153.54mg (6.68%), Alcohol: 0.07g (100%), Alcohol %: 0.14% (100%), Caffeine: 9.07mg (3.02%), Protein: 5.88g (11.77%), Manganese: 0.61mg (30.71%), Vitamin E: 3.42mg (22.81%), Iron: 3.89mg (21.59%), Vitamin B3: 3.92mg (19.62%),

Copper: 0.32mg (15.85%), Folate: 62.57µg (15.64%), Magnesium: 59.89mg (14.97%), Vitamin B6: 0.25mg (12.47%),
Vitamin B1: 0.17mg (11.18%), Phosphorus: 109.18mg (10.92%), Vitamin A: 496.06IU (9.92%), Fiber: 2.28g (9.13%),
Vitamin B12: 0.54µg (8.98%), Vitamin B2: 0.14mg (7.95%), Zinc: 0.95mg (6.32%), Potassium: 200.31mg (5.72%),
Vitamin C: 4.43mg (5.37%), Selenium: 3.28µg (4.68%), Vitamin B5: 0.31mg (3.05%), Vitamin D: 0.44µg (2.96%),
Calcium: 20.06mg (2.01%)